



2332 Crossroads Blvd., Waterloo, IA 50702
(319) 234-ROC1 (7621)

Cedar Valley's Largest 24/7 Gym!

Special Offer for State of Iowa Employees

The Roc Gym has something for the whole family....

Gym memberships – cardio and weightlifting
equipment available

Rocfit fitness programs – 3 fitness programs under
one roof... for beginners as well as the elite athlete

Taekwondo, Kickboxing, Jujitsu – for ages 3 &
up...train with Nationally ranked athletes and
coaches

Come in and check out The Roc Gym!

The Roc Gym will waive initial sign-up fee of \$40 for all State of Iowa employees

Need motivation and inspiration? – check out our 6 week Rocfit session.

State of Iowa employees will be offered a reduced rate of \$135 per session